

## CHAPTER CCXL.

SUTA said:—Pondering over the imports of all the Sastras we have come to the conclusion that, Niriyana should be constantly meditated upon. Of what worth is the celebration of a sacrifice, gift-making, pilgrimage or penance to one, who, with a steady mind, meditates upon the Self of Narayana ? The merit of sojourning to sixty-six thousand holy pools or sanctuaries does not rank a sixteenth part of what is acquired by making an obeisance to Narayana. Contemplation of Krishna is the greatest of austerities and most sanctifying of all penitential rites. For him who repents having committed a sin, the contemplation of Hari is the one great atonement. He, who, even for a moment, meditates upon the self of Hari, goes towards the region of Vishnu, not to speak of those who are constantly devoted to him. The state of mind which a Yogin feels in his states of waking, dream and dreamless sleep, is attached to Hari. Whether standing, sitting, talking, entering (a house), eating, sleeping or walking one should contemplate Hari. Discharging their duties or doing their proper works, men should repose their minds in Janirdana. This is the essence of the Shastras. What is the good of saying much ? Meditation is the highest of all virtues, meditation is the greatest of all austerities, meditation is the greatest of all purifications, hence a

man should  
always practise meditation. No other  
worthier object of  
meditation there exists than Vishnu; no  
austerity is greater  
than fasting; greater than these, than all is the  
contempla-  
tion of Visudeva, The destroyer of Madhu,  
meditated upon,  
grants a status to his\* votary without  
solicitation, which is  
very hard to acquire and which the mind cannot  
even dream  
of. Any defect in connection with the  
celebration pf a  
religious sacrifice .is remedied by the  
contemplation of Vishnu